

March

April

Milford Recreation Spring Guide



2016

www.milfordrec.com



MEMBER OF



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Phone (603) 249-0625 • Fax (603) 673-2273
recreation@milford.nh.gov

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Facebook

May

June

Easter Egg Hunt

Grades 4 & under

Hop on over to this wonderful family friendly event! Get your picture taken with the Easter Bunny (\$3 per photo/includes a raffle ticket), play egg-citing games, win some prizes, support nonprofits, participate in raffles and more!

Keyes Field/Milford Town Hall Auditorium
(Bad weather)

Bring your own Easter basket!

Saturday, 3/26 11am-1pm
MILFORD RESIDENTS ONLY PLEASE



Fisher Cats Mother & Son Outing



VS.



Join us for a special Mother & Son outing at a Fisher Cats game in Manchester to see them take on the Hartford Yard Goats! There will be an opportunity for a lucky mom and her son(s) to throw the first pitch at the start of the game (purchase your tickets by May 9th to be entered in the drawing)! Also, mothers and sons will be invited on the field for a "high-five tunnel" as the players run on the field! A fireworks show will take place after the game. Don't miss out on all the fun and a memorable evening out with your son!

Saturday, 5/21 \$11 per person
(Ages 3 & under are FREE if they don't need their own seat)

6:05pm Game Time
(Arrive at 5:30pm before the gates get too busy& we can prepare to go on the field!)

SCHOOL VACATION FUN DAYS!

Each day we will have a fun activity planned so your child can pick and choose what they would like to do for a couple hours out of the house! All programs are held at the Milford Town Hall Auditorium. For more info, go to www.milfordrec.com or call us at 249-0625!

Monday, 4/25: Craft Day!- Ages 6+. Come let your creative juices flow! We will have a couple different crafts & games, but the highlight being Tie-Dye! So bring something white with you. This is a drop-off program! 1-3pm \$10pp

Tuesday, 4/26: Safety Day!- Come and learn about how to be safe and meet Milford's finest! We will also have a special visitor from the Office of the State Fire Marshal with a dog demo. Snacks and beverages will be provided after the show.

This is a FREE program! 10-12pm

Wednesday, 4/27: Greg & Axel Show- Come witness a totally unique entertainment experience that provides magic, comedy, audience participation and one hilarious dog (yes a real dog)! Axel, the dog, helps Greg, the magician, amaze the audience. He might cause a little trouble too! Enjoy this 40-60 min show and then join us for a snack and beverage! 10am-11:30am \$4 pp, "crawlers" and infants FREE.

Thursday, 4/28: GPS Multi-Sport Game Day- Come and exert some energy with the awesome coaches from Global Premier Soccer! You will play and learn about all different kinds of sports. This is a HALF DAY drop off program! 9am-12pm \$20 pp Reg Deadline: 4/22

Friday, 4/29: MRD Cinema- Ages 6+. Join us for a relaxing afternoon of movie watching. Bring a blanket, a snack/drink and a friend! Popcorn will be available to all. Parents are welcome to drop-off or stay. 1-3pm \$2pp

Star Spangled 5k Run/Walk Monday July 4th

9:30am Start Time

Check-in opens at 8:30am

\$20pp (First 75 pre-registered get a t-shirt!)

\$25 Day of registration • **\$10** Ages 12 & Under

1K Blast for ages 12 & under

9am Start Time • FREE to participate!

Check-in opens at 8:30am

Come dressed in your best red, white & blue! Show your patriotism while starting your day the right way with this fun 5k run/walk!

Strollers & dogs on leashes welcome.

Check in and start line at Keyes Park.
Pre-Registration is available online at www.milfordrec.com!

REGISTER ONLINE AT WWW.MILFORDREC.COM

Leap into action with Milford Recreation!

Bus Trips

Foxwoods Casino Day Trip

Adults 21+. We invite you to try your luck at our gambling getaway to Foxwoods Casino. Motor coach transportation, casino bonus package which includes a FREE buffet or \$10 meal coupon/\$15 Bonus Slot Play. *(Casino package subject to change without notice)*

Saturday, 3/12 **\$34/person**
Depart Milford 8am/Depart Casino 4:30pm
(Parking at Cirtronics, Rt. 13)

Holy Grail Restaurant

Come along with us for an Irish feast fit for kings! We will be traveling to the Holy Grail Restaurant located in Epping, NH, which is in a converted church with beautiful stained glass windows, for lunch and they have a wonderful Gluten Free menu available. After, we will travel to Brickyard Square where we will have time to explore, stretch our legs and do some shopping in an outdoor setting. Let's have a belated Saint Patrick's Day celebration! **Price includes transportation only. 13 seats available!**

Thursday, 3/24 **\$20/person**
Depart Milford 10:15am/Depart Epping 3pm
(Parking at Municipal Lot, Garden St.)

Boston Museum of Fine Arts

Spend a day perusing art at the Boston Museum of Fine Arts! The following exhibits will be taking place when we visit: Kenneth Paul Block Illustrations, Hiro Photographs, Landscape Abstracted, Gold and the Gods: Jewels of Ancient Nubia, and Art of the Americas. You will be able to go off on your own and explore at your leisure. Lunch will take place at the museum where you can choose one of their many restaurant options! **Price includes: transportation and museum ticket. 13 seats available!**

Wednesday, 4/20 **\$42/person**
Depart Milford 8:45am/Depart Boston 2pm
(Parking at Municipal Parking Lot, Garden St.)



Toddler Programs

Tot Drop-In

Toddlers & Parents. This is a great place for parents and toddlers to come play and chat. Lots of toys and open space. **Town Hall 3rd Fl. Aud. Follow MSD Calendar. Contact us if interested in volunteering!**

Thursdays, 1/7-4/21 **9:30am-11:30pm**
\$10 for 5 sessions/\$3 for a drop-in pass

Toddler Tumbling

Ages 2-5. These 4 week sessions include fun activities and exercises that will help children develop balance, encourage locomotion, learn to follow instruction and develop independence! Parent participation is required. **Instructor MRD Staff. Town Hall 3rd Fl. Auditorium. Limited to 10 participants.**

Fridays 10-10:30am **Res \$20/NRes \$22**

Session 3/11-4/1
Session 4/8-5/6 (No program, 4/29)
Session 5/13-6/3

Tiny Kicks & Lil' Kickers

Youth Intro. To Soccer Program

Ages 2-5. Introduce your children to soccer! While learning about soccer they will also improve coordination, following instructions, encourage locomotion and have fun! Parent participation is required. **Instructor MRD Staff. Min. of 5 participants per class. Keyes Soccer Field/Town Hall Auditorium.**

Tuesdays **Res \$30/NRes\$35**
Tiny Kicks: Ages 2-3, 10-10:30am
Lil' Kickers: Ages 4-5, 1:45-2:15pm

Session 4/5-5/3 (No class, 4/26)
Session 5/10-5/31
Session 6/7-6/28



Monday March 14
2-6PM • FREE Admission
Milford Town Hall Auditorium • Bring plenty of resumes

What are you doing this summer? Milford Recreation Department and the Souhegan Valley Chamber of Commerce are hosting a seasonal/summer job fair. You will have the opportunity to meet local employers from a variety of sectors looking to hire for 2016 summer employment.

Youth Programs

Safe Sitter: Babysitter Training Course

Ages 11-15. This interactive course teaches sitters the importance of their unique job responsibilities. Participants will learn how to respond in an emergency situation, how to prevent accidents, how to play and interact with children of all ages and CPR introduction! Prepare your child for increased responsibilities and money earning potential. Great for big brothers and sisters! This is a 1-day (7 hour) intensive training course. Please pack a lunch. Safe Sitter course includes training manual and completion card. **Instructor Steph S. Min. of 6 /max of 8. MPD Community Room.**



Saturday 3/5 9am-4pm \$75 per person

Youth Drama Workshop: Wonderful!



Ages 7-11. On Our Way to Wonderful

Students will be captivated by storytelling at its best! Fly to Wonderland with Peter Pan and Tinkerbell, and take tea with Alice and the Mad Hatter. Students will turn these wonder filled stories into plays and explore new realms of their imagination with music, movement, art and poetry!

Ages 10-15. Beyond Wonderful Warm up with theater games, design your own costumes and props and present a one act play called "Looking Glass Land"- an updated romp with Alice and the Mad Hatter, but meet some new friends- a baseball team, detectives, Miss America pageant contestants and more... add your own friends with your own improvisation and script writing!

Instructor Roberta Woolfson. Town Hall 3rd Fl. Auditorium.

SPRING SESSION

Thursdays 3/10-5/19 Res \$165/NRes \$175
Ages 10-15 3:30-5pm Ages 7-11 5-6:30pm

Join us March 10th for an open house and learn more about this program! If you like it, then you can register!

Youth Programs

Horsemanship Program & Mini Showcase

Ages 5+. At Irish Luck Stables they offer equestrian classes unlike any other! These 4 week sessions include mounted horse time, educational horse craft projects and hands-on barn skills/barn games. The last class of each session will hold a mini showcase that family and friends are encouraged to attend (equestrian ribbons awarded for everyone)! **Minimum 6 students/Max 12 students.**



Please wear closed toed shoes or boots (with a small heel) and long pants, in colder weather wear layers (everything else will be provided).

Week 1- Welcome/Groom & Tack

Week 2- Breeds & Colors

Week 3- Parts of a Horse

Week 4- Mini Showcase

Milford Res \$140/NRes \$160

Mondays, 2/29-3/21 5:30-7:30pm

Fridays, 3/4-3/25 4:30-6:30pm

Irish Luck Stables- Brookline, NH

***Viewing Room- Welcome to drop-off or stay.**

Piano Lessons



Ages 7-15. Lessons for the beginner piano student! These 6 lessons will teach students the basics required to develop proper piano playing ability. You will work on reading music, proper posture and hand position, and begin to play songs. Our instructor looks to personally inspire students through music and to further encourage their commitment to learning this instrument! Parents are welcome to drop-off or stay. **Instructor Dan I. Milford Town Hall Auditorium.**

Mondays, 4/4-5/16
(No class, 4/25)

First session is only \$99!
\$120 per student after first session

1/2 hour time slots, 1 child per slot.
6-6:30pm, 6:30-7pm, 7-7:30pm, 7:30-8pm

Home Alone Safety Class



Ages 8-11. Learn the basics of being safe when home alone for short periods of time. We'll talk about how to answer the telephone and door, internet safety, first aid techniques, accident prevention and fire protection and more will be discussed. Youth will have a better understanding of responsibility & independence. This is an interactive class. Bring a snack and water. Each student will receive a handbook. **Instructor Steph S. Minimum of 8 students/max of 15.**

Friday, 5/6
Heron Pond Cafeteria

\$25 per person
3:15-5:15pm

Leap into action with Milford Recreation!

For the Family

Archery Lessons

All ages. Learn to shoot like Katniss in The Hunger Games. Students will be taught how the bow functions, bow and arrow safety, and aspects of arrow flight. No equipment necessary, just bring your willingness to learn and have fun. **Instructor Dana White.** Indoor location Bales Gym/Outdoor location Keyes Field.

Wednesdays 5:30-6:30pm Res \$60/NRes\$65

Session 2/3-3/2 (No class, 2/24)

Session 3/9-3/30

Session 4/6-5/4 (No class, 4/27)

Session 5/11-6/1

Session 6/8-6/29

Contra Dance

All Ages. Contra Dance refers to several folk dance styles, in which couples and individuals dance in two facing lines. Come meet new friends, no partner required, easy to learn and lots of fun! **Coordinator Sandy, strumma@aol.com.** Town Hall 3rd Floor Auditorium.

Adults \$7/Seniors-Students \$5/Under 12 FREE

Friday, 3/25 8-11pm

Friday, 4/22 8-11pm

Friday, 5/27 8-11pm

Friday, 6/24 8-11pm

Shepard Park Public Ice Skating Rink

All ages. Enjoy the winter season by gliding around on Milford's outdoor public skating rink. Ice conditions dependent, closings will be posted on Facebook and www.milfordrec.com.

Shepard Park

Rink open through 8pm

FREE



Adult Programs

YOGYAM Yoga Classes

YOGYAM means "state of perfect well-being."

YOGYAM Yoga practice is a holistic & therapeutic approach for keeping both the mental and physical body healthy. Regardless of age or mobility, anyone can practice YOGYAM Yoga's gentle Tula (balance) flow. This class is ideal for beginners and aims to strengthen bones & muscles; improve balance and create equilibrium throughout the body. **Instructor Kathy MacKinnon. New to yoga practice but want to learn more? Try your first class for free! Milford Town Hall Auditorium.**



Tuesdays 6-7pm and/or Wednesdays 2-3pm

\$90/session (For 10 classes)/ \$10 Drop-in Fee

Session 3/1-6/8

Coed Pickup Volleyball

Ages 16+. Looking for a place to go brush up on your volleyball skills and have some fun? Then come join us! All ability levels are welcome at this open format of play. **Coordinator Heidi T. and Jeremy P.** Location Heron Pond. Limited to 25 participants.



Mondays @ Heron Pond Gym 6:30-8:30pm

\$20 per person

3/21-5/23

\$5 Drop-in Fee per person

(Please note there is no program on: 4/25)

Coed Softball League

Ages 18+. Open to all surrounding communities. Limited number of teams accepted. Mandatory coaches meeting at sign ups. **Volunteer coordinator Nelson S.**



Registration & Mandatory Coaches Meeting

Sat 4/2, Milford Town Hall 12-2pm

\$360 per team (*does not include umpire fees)

Season: Sundays, 5/15-7/31 (3 week of playoffs to follow)

Save the Date

Coed Wooden Bat Tournament

September 24 & 25, 2016!!

**Looking for information
regarding spring baseball, softball or
soccer?**

**Go to MCAA's website at
www.mcaa.us!**

REGISTER ONLINE AT WWW.MILFORDREC.COM

Milford Recreation Spring Guide 2016

Senior Activities

Coffee Connection

Each month we offer a different activity. Coffee and refreshments served. **Milford Town Hall Banquet Hall.**

2nd Wed. each month 10-11:30am \$1 donation

3/9– Community Service: Easter Egg Hunt

4/13– Windows on West Street, \$12 RSVP

5/11– Divine Flow Movement

6/8– Breakfast & a classic!

Brunch Bingo

Bring a brown bagged lunch and play B-I-N-G-O! Product prizes for winners of each game. Refreshments will be provided. **Milford Town Hall Banquet Hall.**

4th Wed each month 12-2pm \$1 donation

3/23, 4/27, 5/25, 6/22, 7/27, 8/24, 9/28, 10/26

Senior Zumba ®

Modified Zumba ® for seniors is a fun way to stay fit and active! Give your body a workout to the rhythm of all types of music. Chairs are available for those who need it as well. Please bring water and wear comfortable clothing and sneakers. **Instructor, Rae M. Min. of 5 participants needed.**

Mondays 4/4-5/9

5:45-6:30pm

Res \$15/NRes \$25

Drop-in Fee \$3.00

Banquet Hall Milford Town Hall



New for 2016...

Milford Recreation now has a volunteer group.
Join and give back to your community!

Contact Arene Berry at 249-0625 or
aberry@milford.nh.gov for more
information and how to become more
involved!

Community Events

Guided Hikes

For location and description, check the Conservation Commission website, <http://www.milford.nh.gov/conservation>, or call 249-0628. Sponsored and run by the Conservation Commission. **4th Saturday of each month. 9-11am, rain or shine.**

Heart Saver CPR & First Aid Class

If you witness a medical emergency, will you be prepared to respond? Be ready to deliver lifesaving care with this course. **For more information contact Heather Mason– Paramedic at 249-0610 or hmason@milford.nh.gov, at the Milford Ambulance.**

2nd Annual Milford Community Scrabble



“Scrambler”



Sunday March 20, 2016 1-4pm

(Registration starts @ 12:30pm)

Milford High School Cafeteria

All proceeds from the “scrambler” will be used to promote literacy efforts in the community. Pre-registration is required. **Only** the first 40 teams to register will be allowed to participate. Each team is expected to raise a minimum of \$100.00 to participate in the tournament.

Registration deadline: 3/9/16

**To register, contact: Don Jalbert 603-673-4201 x3441
or djalbert@sau40.com**

126th Annual Firemen’s Ball

Enjoy a spring evening out at The Mileaway Restaurant for an outdoor event to support the Firemen’s Relief Association. There will be buffet style food, DJ, bagpipes and drums and dancing. With further questions regarding the event, call the Fire Dept. at 249-0680

**Saturday, 5/14
\$30 Per Person**

7pm-Midnight